

# Protect Yourself and Others

## If you test positive for COVID-19:



Limit contact with others and wear a mask for **5 days**

### THEN



Wear a mask for an **additional 5 days**

*Contact your primary care provider if you have one.*

## If you test positive for COVID-19 and have symptoms:



Limit contact with others until you are **fever-free** and your symptoms are **improving**

*This should be at least 5 days since your symptoms began.*

### THEN



You should wear a mask until it has been a total of **10 days** after your symptoms began

## If you are exposed to COVID-19:



Limit contact with others for **5 days**

### THEN



Wear a mask for an **additional 5 days**

### UNLESS



If you are **up-to-date** on vaccines – including boosters if eligible **OR** have tested positive in the last 90 days **THEN** wear a mask for **10 days**.



**Wear a mask** in public places **indoors** when needed

# COVID-19 Tests: What's the Difference?

Anyone who has symptoms of COVID-19 should get tested immediately. If you have been exposed to COVID-19, get tested 5 days after exposure or if symptoms develop. Two common types of tests for COVID-19 are molecular (PCR) tests, that can be done in a clinic or at home but must be analyzed in a laboratory, and antigen tests, also called rapid tests, often done while you wait at a clinic or at home and analyzed on the spot.

If your antigen test, including at-home tests, is negative, and you have symptoms, you should get a molecular or PCR test from a lab to confirm the results.

## Antigen (in-clinic or at-home)



Typically, a nose swab is collected, and the test is done at the same place without having to send to a lab



Usually give results rapidly – within 20 minutes



Less sensitive (might miss some infections) especially in people without symptoms



At-home tests are a type of rapid antigen test taken anywhere, including at home

## Molecular or PCR (in a laboratory)



Typically, a nose or saliva sample is collected and sent to a lab for analysis



Usually 8 hours to 3 days for results



More sensitive (can detect small amounts of virus, especially if you don't have symptoms)

Visit [covid19.ncdhhs.gov/FindTests](https://covid19.ncdhhs.gov/FindTests) for more information and to search for or order tests. Some options are free or allow for billing to health insurance. COVID-19 treatments are available and can lower your risk of hospitalization or death. Visit [covid19.ncdhhs.gov/treatments](https://covid19.ncdhhs.gov/treatments) or call 1-888-675-4567 for more.